

# Family **FAMILY PLUS LIFE** **Plus SOLUTIONS**

COUNSELLING EDUCATION WELLNESS

A United Way Funded Partner Organization

Family Plus Life Solutions focuses on providing low to no-cost mental health supports to individuals and families that may not otherwise be able to access the help they need when they need it.

## IMPACT STORY

### Impact & Opportunity



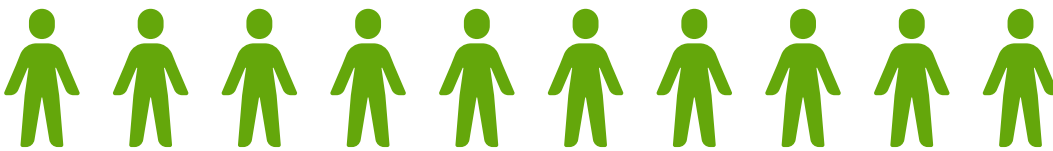
This week I had my last counseling session at Family Plus, where my severe triggers and PTSD symptoms were addressed.

My therapist was very successful in helping me find my inner strength, relief, and, added perspective. My functioning is much better, boundaries are firmly maintained, and triggers are quickly acknowledged and shut down, where before they would shut me down to where I wanted to end my life to find relief! My therapy was subsidized, which made it possible for me to hold down a full-time job and be a fully functional and contributing member of society. I couldn't have done that on my own.

I will always be grateful to Family Plus and to the resources that were made available to me. My therapist is trained in the area I need therapy for and she would always ask the right questions that challenged my thinking. We worked on things "one load at a time" and my life is so much better.

## Building Strong & Healthy Communities

**100%** of United Way projected Family Plus Life Solutions outcomes were met or exceeded in 2021.



This is your  
**Local Love in Action**

## 2021 United Way Outcomes

# 2,184

subsidized counselling sessions were provided to individuals in our region.

# 68%

or, (218/364) individuals achieved their counselling objectives

# 365

individuals received subsidized counselling to improve their mental health

## Your Local Love

United Way Funding

# \$95,000

# People Served

# 365

# Program Interactions

# 2,184



United Way  
Saint John, Kings  
& Charlotte